

# What if...?

Parents or teachers, play “What If ...?” to teach problem solving skills, to talk about things that may be frightening, and to test the child’s knowledge about personal safety matters. Use as a planned activity or spontaneously when a subject comes up. Use these questions as a guide – make up others that are appropriate to the child’s age and environment.

1. What would you do if you got separated from your family at the store or the park?
2. What would you do if the grown-up with you at home got badly hurt or very sick?
3. What would you do if someone asked you to do something that you didn’t want to do and you knew was wrong and they told you not to tell your parents?
4. What would you do if someone did something to you that made you feel uncomfortable or afraid?
5. What would you do if someone called your house while your parent(s) were not home?

## **HERE ARE SOME GOOD ANSWERS.**

### **DISCUSS OTHER WAYS TO HANDLE THE SITUATION.**

1. Find someone wearing a uniform or name tag and ask them to help you find your parents.
2. Dial 9-1-1 and tell them who you are, where you are and what is wrong.
3. Say, “NO, I do not want to do that. If you ask again, I will leave and tell my parent (or teacher or other adult) that you are asking me to do this.
4. Talk to an adult you trust about it. Together you can find a way to handle it.
5. Say that your parent(s) is busy but will call back soon. Then take a message.



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org